

### Are You Prepared?

Everyone should have a Disaster Preparedness Plan in order to be prepared for emergencies that may occur. When putting together your plan, first discuss the types of hazards that could affect your family. Know your homes vulnerability to storm surge, flooding, and wind. Locate a safe room, or the safest room in your home. Develop exit plans and safe locations to meet outside. And don't forget to include your pets when making your plan. Check your insurance coverage to make sure that you have protection for your home and your belongings. Take First Aid and CPR classes. Practice and maintain your plan.

### Do You Have a Disaster Kit?

A Disaster Preparedness Kit helps to provide your family with important supplies should a disaster occur. Think practical first and comfort second. Kits should include enough material to last 3-7 days, 10-days is highly recommended here in Hawaii due to our isolation.

Items to include in your kit are:

- One gallon of water per person, per day.
- Canned fruits vegetables, and meats
- Baby food/formula (if needed)
- Peanut butter, jelly, crackers, granola bars
- Flashlight
- Batteries
- Cups, plates, and utensils
- Tools
- Toilet paper, garbage bags, disinfectant
- Soap
- Diapers (if needed)
- Medications (prescription and non-prescription)
- Important family documents such as birth/marriage certificates, wills, social security cards, passports, immunization records.

**VOLUNTEERS ARE ALWAYS NEEDED DURING AN EMERGENCY:** If you have a special talent you can volunteer during an emergency, let us know. The following is a list of areas where the Base and or families may need support:

- Families who can open their homes to other families.
- Childcare providers.
- Shelter management helpers (cooks, cleaning, arts and entertainment at shelter for children).
- Medical support (nurse, doctor, or you know CPR).
- Donation Management
- Admin Support
- Hair dressing/cutting
- Laundry
- If interested in a 20-hrs of training and being a member of the Community Emergency Response team (CERT), contact the Force Protection-Mission Assurance Office at 257-8460, 8820, 8845 or 8819.

### MCBH Notification Signals

- During emergencies, a hotline can be called to retrieve additional information at 257-4636.
- MCBH can send specific emergency messages to all Oceanic Cable television channels on base.
- MCBH uses a system called **ATHOC**, which uses texting, phone calls, desk top pop-ups, giant voice outside notices throughout the base to transmit emergency messages. If interested in receiving a text, have your active duty spouse add your information to this system on their work desk top.
- MCBH will also be providing up to date information on the MCBH Homepage, <http://www.mcbhawaii.marines.mil>
- MCBH will also provide information on the MCBH Facebook page, [www.facebook.com/MarineCorpsBaseHawaii](http://www.facebook.com/MarineCorpsBaseHawaii) Get onto Facebook now and click "like".
- Go to <http://www.mcbhawaii.marines.mil> for more information under the Disaster Preparedness link.



## Hurricanes

Hurricane winds blow in a large spiral around a calm center known as the eye. As a hurricane nears land it can bring heavy rains, strong winds, and extremely high tides.

### What to Do:

- Listen to the radio or television that warn of potential hurricane conditions
- Talk about what you would do in an evacuation. Consider where you would go and what you would take.
- Once sheltered, stay inside.

## Earthquakes

Earthquakes are the shaking, rolling or sudden shock of the earth's surface. More than a million earthquakes rattle the world each year. Earthquakes can be felt over large areas although they usually last less than one minute.

### What to Do:

- Move away from the beach. A local earthquake could generate a tsunami.
- If away from the water: **STOP, DROP and HOLD ON.**

## Active Shooter Response

If you're in an area where there is an active shooter situation the goal is to RUN, HIDE or Fight. QUICKLY DETERMINE THE MOST REASONABLE WAY TO PROTECT YOUR OWN LIFE.

### 1. EVACUATE (RUN)

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

### 2. HIDE

- Hide in an area out of the active shooter's view.
- Block entry to your hiding place and lock the doors

### 3. FIGHT

- As a last resort and only when your life is in imminent danger attempt to incapacitate the shooter, throw items at them.

**CALL 911 WHEN IT'S SAFE TO DO SO**

## Tsunami

A tsunami is a huge wave in the ocean that develops as a result of an earthquake. It can reach a height of 100 feet. A tsunami can travel even faster than a commercial jet. This powerful wall of water reaches the coast and can cause a lot of damage.

### What to Do:

- When you hear the Tsunami warning systems turn on TV.
- Follow the instructions issued by local authorities.
- Move away from the beach and up to higher ground immediately.
- If you live in **Zone 1 or 2B** you should evacuate immediately to higher ground or safe haven outside the evacuation zone.
- All occupants in Zone 12 (beach cottages, cabanas, beaches, operational areas) should evacuate immediately.
- Anyone at the Base Marina should evacuate immediately.
- All other zones should evacuate when told to do so.
- **Gates will be closed ½ hr prior to wave arrival for everyone's safety.**

